

## CLAIMS

What I claim as my inventions are:

1. Form-correcting shoulder belt consisting of an elastic shoulder band and two elastic upper arm bands, in which the shoulder band is twisted to form letter 8, fixed to the shoulders by inserting the arms through the loops, the upper arm bands are sewed to the shoulder band at the places where they contact to each other when stretching both arms and facing both hands at the lowest level, the ends of the upper arm bands can be connected with each other using surface fastener.
2. Form-correcting waist belt consisting of a waist elastic band and two buttock elastic bands, by which the waist elastic band wraps the waist from behind running along the lines between the body and the legs to be connected in the middle at the groin, and, the buttock elastic bands are connected to the waist elastic band at back running at the inner lines of the buttocks through the posterior ruga to be connected with the waist elastic band again in front of the body.
3. Form-correcting shoes designed so that when a man wears these shoes and stands straight on a flat ground, his heels

are as high as the soles and toes as he is standing straight on his bare feet, so that he automatically gets the condition that all skeletal muscles are in equally alert, the backbone is fixed to the pelvis, and the upper arms are fixed to the shoulders.

4. Goods such as foot pads and spikes used to heighten the sole part of the shoes originally with the heel higher than the sole so that when a man wears these shoes and stands straight on a flat ground, his heels are as high as the soles and toes as he is standing straight on his bare feet, so that he automatically gets the condition that all skeletal muscles are in equally alert, the backbone is fixed to the pelvis, and the upper arms are fixed to the shoulders.